

Siesta Key Luxury Yoga Retreat (Worm Moon)

March 22nd - March 25th

Tentative Daily Schedule:

Friday

1-5pm check in

5:00 Welcome Reception: Champagne/Kombucha Toast and hors d'oeuvres

5:45 - 6:45 Yoga with Lynn

7:15 Dinner - appetizer, dinner, dessert (wine optional)

8:30 Sisterhood Circle guided by Beth Fox

9:30 Guided Meditation with Lynn

(Vision Board Workshop/Station will be set up the entire weekend)

Saturday

8:00 Juice/coffee/fruit

9:00 Yoga with Lynn

10:15 Breakfast Served

12:00 Workshop: Setting Boundaries with Cindy Burke

1:30 Light lunch provided

2:00 Spa/Pool/Kayak Time

4:00 Yoga with Lynn

5:00 Passion Roots Juice

6:00 Group Picture

6:15 Golden hour photos by the bay with Bella

6:30 Opera Singer Anne Tormela

7:30 Dinner Served

8:30 Sisterhood Circle with Beth Fox

9:30 Optional Angel Card Readings

Sunday

8:00 Juice/coffee/fruit

9:00 Move From the Heart with Kathy

10:00 Crystal Sound Bowls

11:00 Brunch

12:00 Spa Day - optional facials, massage, chair massage, reiki

12:00-5:00 Free time, beach, shopping, pool, spa, kayaking

5:00 Yoga with Lynn

6:30 Dinner Served

8:00 Breathwork and Guided Meditation with Janine

Monday

8:00 Juice/coffee/fruit

9:00 Yoga

10:00 Breakfast Served

Checkout between 11:00-2:00